

# EDINBURGH SCALE

# SCORE SHEET

We would like to find out how you have been  
feeling **in the last 7 days**

Please **tick** the answer that comes closest to how you have felt.

1. **I have been able to laugh and see the funny side of things**
  - 0 As much as I always could
  - 1 Not quite so much now
  - 2 Definitely not so much now
  - 3 Not at all
2. **I have looked forward with enjoyment to things**
  - 0 As much as I ever did
  - 1 Rather less than I used to
  - 2 Definitely less than I used to
  - 3 Hardly at all
3. **I have blamed myself unnecessarily when things went wrong**
  - 3 Yes, most of the time
  - 2 Yes, some of the time
  - 1 Not very often
  - 0 No, never
4. **I have been anxious or worried for no good reason**
  - 0 No not at all
  - 1 Hardly ever
  - 2 Yes, sometimes
  - 3 Yes, very often
5. **I have felt scared or panicky for no very good reason**
  - 3 Yes, quite a lot
  - 2 Yes, sometimes
  - 1 No, not much
  - 0 No, not at all
6. **Things have been getting on top of me**
  - 3 Yes, most of the time I have not been able to cope at all
  - 2 Yes, sometimes I have not been coping as well as usual
  - 1 No, most of the time I have coped quite well
  - 0 No, I have been coping as well as ever
7. **I have been so unhappy that I have had difficulty sleeping**
  - 3 Yes, most of the time
  - 2 Yes, quite often
  - 1 Not very often
  - 0 No, not at all
8. **I have felt sad or miserable**
  - 3 Yes most of the time
  - 2 Yes, quite often
  - 1 Not very often
  - 0 No, not at all
9. **I have been so unhappy that I have been crying**
  - 3 Yes, most of the time
  - 2 Yes, quite often
  - 1 Only occasionally
  - 0 No, never
10. **Over the last week, the thought of harming myself has occurred to me**
  - 3 Yes, quite often
  - 2 Sometimes
  - 1 Hardly ever
  - 0 Never

If answered yes to Q10, please specify what thoughts you've had: